



September 17, 2004

District Health Schedules Influenza Vaccination Clinics

South Central District Health has received its first shipment of influenza vaccine and has scheduled clinics in various locations during October.

District Health is encouraging those individuals who have health conditions that make them vulnerable to serious complications from influenza to get their vaccination early. Individuals most at risk for serious complications from influenza include people age 65 and over; residents of nursing homes and long-term care facilities; those with chronic long-term health problems including chronic lung disease (COPD, asthma, emphysema, etc.), congestive heart failure or congenital heart disease, diabetes or kidney dysfunction, sickle cell disease, or HIV; and women who will be at least three months pregnant during influenza season. The Centers for Disease Control and Prevention (CDC) are also recommending that children between the ages of 6 months and 23 months receive an influenza vaccination. The first time children receive influenza vaccine they need two shots, given one month apart, to develop immunity.

While District Health is concentrating its efforts on making sure that those individuals who are at high-risk for complications from the flu receive the vaccine, the agency is also encouraging healthy adults to get an influenza vaccination this year.

“Even healthy people get benefit from an annual influenza shot because they don’t lose as much work time and they spend less on treatment,” said Lisa Klamm, Immunization Coordinator for South Central District Health. According to a study in the *Annals of Internal Medicine*, a person who comes down with influenza loses 2.8 days at work, meaning about \$398 in lost wages, based on previous studies and Labor Department statistics.

“When you look at vaccination of healthy adults, the bulk of economic benefit is decreased absenteeism,” said Klamm, “while the benefits for high risk individuals are reduced medical costs, fewer complications that require hospitalization, and decreased risk of death.”

Influenza viruses are spread from person-to-person primarily through the coughing and sneezing of infected persons. Influenza is characterized by the abrupt onset of fever, headache, severe discomfort, muscle tenderness or pain, nonproductive cough, sore throat, and a very runny nose.

The peak influenza season in south central Idaho is late December through early March. Adults develop antibody protection against influenza infection about seven days after vaccination.

Clients are reminded to wear short-sleeved clothing so they do not have to roll up their sleeves to receive an injection.

INFLUENZA VACCINATION CLINICS

CITY	DATE / TIME	PLACE	CONTACT
Albion	Wednesday, Oct. 20 9 a.m. – Noon	Albion Senior Center	Burley SCDH Office 678-8221
Bellevue	Tuesday, Oct. 5 Noon – 6 p.m. <i>Call for an appointment</i>	District Health Office 117 East Ash St.	Bellevue SCDH Office 788-4335
	Tuesday, Oct. 12 Noon – 6 p.m. <i>Call for an appointment</i>	District Health Office 117 East Ash St.	Bellevue SCDH Office 788-4335
	Tuesday, Oct. 19 9 a.m. – 6 p.m. <i>Call for an appointment</i>	District Health Office 117 East Ash St.	Bellevue SCDH Office 788-4335
Burley	Wednesday, Oct. 6 8:30 – 11 a.m. & 1 - 4 p.m. <i>Call for an appointment</i>	District Health Office 2311 Parke Ave., Unit 4	Burley SCDH Office 678-8221
	Thursday, Oct. 7 9 – 11 a.m. <i>Call for an appointment</i>	District Health Office 2311 Parke Ave., Unit 4	Burley SCDH Office 678-8221
	Friday, Oct. 8 9 – 11:30 a.m. <i>Call for an appointment</i>	District Health Office 2311 Parke Ave., Unit 4	Burley SCDH Office 678-8221
	Wednesday, Oct. 13 8:30 – 11:30 a.m. <i>Call for an appointment</i>	District Health Office 2311 Parke Ave., Unit 4	Burley SCDH Office 678-8221
	Thursday, Oct. 28 1 - 3:30 p.m. <i>Call for an appointment</i>	District Health Office 2311 Parke Ave., Unit 4	Burley SCDH Office 678-8221
Carey	Thursday, Oct. 21 9 a.m. - Noon	Carey School 20 Panther Lane	Bellevue SCDH Office 788-4335
Eden	Thursday, Oct. 14 9 a.m. - Noon	Senior Citizens Center 210 E. Wilson	Jerome SCDH Office 324-8838
Fairfield	Tuesday, Oct. 19 9 a.m. – Noon	Camas County Senior Center	Gooding SCDH Office 934-4477
Gooding	Wednesday, Oct. 6 9 a.m. - Noon	Senior Citizen Org. 308 Senior Avenue	Gooding SCDH Office 934-4477
	Tuesday, Oct. 12 8:30 - 11 a.m. <i>Call for an appointment</i>	District Health Office 145 7 th Avenue E.	Gooding SCDH Office 934-4477
	Tuesday, Oct. 19 1:30 - 4 p.m. <i>Call for an appointment</i>	District Health Office 145 7 th Avenue E.	Gooding SCDH Office 934-4477
	Tuesday, Oct. 26 8:30 - 11 a.m. <i>Call for an appointment</i>	District Health Office 145 7 th Avenue E.	Gooding SCDH Office 934-4477
Hailey	Friday, Oct. 8 9 a.m. – 3 p.m.	Blaine County Senior Center 721 3 rd Avenue S.	Bellevue SCDH Office 788-4335
Hagerman	Friday, Oct. 15 9 a.m. - Noon	Hagerman Valley Senior/Community Center	Gooding SCDH Office 934-4477

Jerome	Thursday, Oct. 7 8:30 – 11 a.m. <i>Call for an appointment</i>	District Health Office 951 East Avenue H	Jerome SCDH Office 324-8838
	Friday, Oct. 8 8:30 a.m. – Noon	Senior Citizen's Center 212 1 st Avenue East	Jerome SCDH Office 324-8838
	Thursday, Oct. 21 8:30 – 11 a.m. <i>Call for an appointment</i>	District Health Office 951 East Avenue H	Jerome SCDH Office 324-8838
	Thursday, Oct. 28 8:30 – 11 a.m. <i>Call for an appointment</i>	District Health Office 951 East Avenue H	Jerome SCDH Office 324-8838
Malta	Thursday, Oct. 14 9 a.m. – Noon	Raft River Electric 155 N. Main	Burley SCDH Office 678-8221
Oakley	Friday, Oct. 15 9:30 – 11:30 a.m.	Oakley Senior Center	Burley SCDH Office 678-8221
Richfield	Monday, Oct. 4 9 a.m. - Noon	Richfield Senior Center 130 S. Main	Jerome SCDH Office 324-8838
Rupert	Tuesday, Oct. 5 8:30 – 11:30 a.m. & 1 – 4 p.m. <i>Call for an appointment</i>	District Health Office 1218 9 th St., Ste. 15	Rupert SCDH Office 436-7185
	Friday, Oct. 8 8:30 – 11:30 a.m. <i>Call for an appointment</i>	District Health Office 1218 9 th St., Ste. 15	Rupert SCDH Office 436-7185
	Wednesday, Oct. 13 1:30 – 3:30 p.m. <i>Call for an appointment</i>	District Health Office 1218 9 th St., Ste. 15	Rupert SCDH Office 436-7185
	Thursday, Oct. 14 1 – 3 p.m. <i>Call for an appointment</i>	District Health Office 1218 9 th St., Ste. 15	Rupert SCDH Office 436-7185
	Tuesday, Oct. 19 8:30 – 11 a.m. <i>Call for an appointment</i>	District Health Office 1218 9 th St., Ste. 15	Rupert SCDH Office 436-7185
	Tuesday, Oct. 26 8:30 – 11 a.m. <i>Call for an appointment</i>	District Health Office 1218 9 th St., Ste. 15	Rupert SCDH Office 436-7185
Shoshone	Tuesday, Oct. 5 9 a.m. - Noon	Golden Years Senior Center 218 N. Rail St. W.	Jerome SCDH Office 324-8838
	Thursday, Oct. 7 8 – 9:30 a.m. <i>Call for an appointment</i>	District Health Office Christ Episcopal Church 104 West B St.	Jerome SCDH Office 324-8838
Twin Falls	Every Tuesday in October (beginning Oct. 5) 8:30 a.m. – Noon and 1 – 3:30 p.m. <i>Call for an appointment</i>	District Health Office 1020 Washington St. N. (CSI Campus)	Twin Falls SCDH Office 734-5900
	Every Friday in October (beginning Oct. 8) 8:30 a.m. – Noon <i>Call for an appointment</i>	District Health Office 1020 Washington St. N. (CSI Campus)	Twin Falls SCDH Office 734-5900

Twin Falls	Saturday, Oct. 23 Free Influenza Vaccine <i>Call for an appointment</i>	CSI Shields Building Limited to 200 people over the age of 18	Twin Falls SCDH Office 734-5900
Wendell	Wednesday, Oct. 13 9 a.m. - Noon	Wendell Housing Assn. 105 West Avenue A	Gooding SCDH Office 934-4477

Recap of the 2003-04 Season

Last year's influenza season in the United States began earlier than most seasons and was judged by the Centers for Disease Control and Prevention (CDC) to be more severe than the previous four seasons in this country. While worse than the previous four years, on balance, the severity of the 2003-04 season was about what is expected when an influenza A (H3N2) virus is the main virus causing illness. H3N2 influenza viruses are usually associated with more people getting sick and more people dying from the flu.

At the peak of the 2003-04 season (the week ending December 20, 2003), influenza affected more states during a single week than it had during the previous four seasons, according to the CDC. During that week, 45 states reported widespread flu activity and four states reported regional influenza activity. In addition, a higher percentage of visits to doctors were for flu-like symptoms compared with the peaks from the previous four seasons.

In Idaho in 2003-04, there were 29 deaths attributed to influenza. Of the 29 deaths, one was a child and 28 were people over the age of 55. Of the 28 adult deaths, 17 people were over the age of 85. The flu hit earlier and harder than in previous years, but the death toll was average for Idaho's influenza seasons.

In an average year, more than 100,000 Americans are hospitalized with influenza and about 20,000 die from flu-related complications. During the 2003-04 season, while no exact numbers of deaths are available nationwide, the CDC reports that the percentage of pneumonia and influenza-associated deaths was higher than the epidemic threshold for nine consecutive weeks. However, when compared with the past four seasons, the 2003-04 season was only moderately severe in terms of its impact on death rates.

As of May 31, 2004, CDC had received reports from 40 U.S. states of 152 influenza-associated deaths among children (defined as people under the age of 18).